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HOW CENTRAL STATES NUTRITIONISTS PROPOSE TO MEASURE RESULTS  
OF THE FOODS AND NUTRITION PROGRAM

Compiled from Annual Plans of Work for 1939  
By  
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nutrition  
Foods and nu  
trition

STATISTICAL MEASURES

Number of project leaders secured and trained.	General
Number of foods and nutrition meetings held.	General
Number of people adopting recommended practices.	General
(Methods of obtaining records of practices adopted:	Stated by
The specialist makes an annual report questionnaire which is explained to the foods and nutrition leaders at a training meeting held early in the year.	Kansas.
Foods and nutrition leaders keep a record of the practices adopted by the women during the year.	Practice in
The questionnaire report form for the unit is sent to the county agent and summarized for the county annual report.	all States
Specialist obtains this summary report from the county agents report for her annual report.)	
Selected items from a typical Supplementary Statistical Report illustrating practices whose adoption was checked in connection with various subject-matter units.	
Number of families reported:	
Planning and planting a home garden, including at least 15 varieties of vegetables besides potatoes -	4,603
Planting at least 1 new vegetable and using it -	3,160
Canning and storing at least 1 new vegetable for winter use -	2,620
Planting herbs -	694
Canning meat for the first time -	1,000
Following recommendations of food buying -	2,095
Serving fruit or fruit juice for breakfast -	4,602
Using quota of milk per person per day -	3,960
Following recommendations for child feeding -	1,350
Improving methods for baking yeast breads -	839
Using home-made cereals -	629
Using new time-saving methods in meal planning and food preparation -	2,402
Purchasing pressure cookers -	457
Vegetables canned by members of clubs in counties with home demonstration agents -	252,823
Individuals adopting recommendations for corrective feeding -	1,399
Pounds of cream cheese made -	3,379
Emergency food shelves made -	747
Total estimated value of all products -	\$95,941.25
Number or percentage of women enrolled who complete work as prescribed in the major subprojects.	Minnesota N. Dak.
Number of individuals outside clubs who have received help.	Several States.



# NONSTATISTICAL MEASURES

Reports and analysis of the ways in which group members have helped others in their communities to improve nutrition practices.	Michigan
General changes in attitude and interest as shown by improved practices and desire for more work.	Kentucky
Requests for personal assistance, additional work, publications.	Several States
Oral and written comments by homemakers.	Illinois
Human interest stories that illustrate accomplishments.	Kentucky
Surveys of amounts of various foods used per person and amounts of vegetables and fruits canned or stored per person.	Several States.
Reports on community nutrition programs sponsored by organized Extension groups.	Several States.
Observation of publicity which the project has received in the various communities.	Michigan
Home visits made by agent as casual observations of home practices in meal planning, home production and storage, food preparation and serving.	Michigan
Checking on the sections of State from which requests for certain kinds of information come, either direct to the Extension Department or through the radio station.	Michigan
Type and number of exhibits at fairs and Achievement Day programs.	North Dakota
Noticeable improvements reported by county nurse regarding school lunch and health of children.	Indiana
A special effort will be made to measure results of school lunch work in one county. If successful this attempt may be helpful in other counties and other phases of project.	Illinois
"Quantitative measures":	Ohio
Improved health of the family and in the community through the practice of better food habits.	
Contribution made through nutrition to family living and family relationships.	
Whether or not the household accounts show that home-grown food assists in maintenance of a suitable standard of living.	
Development of leadership and community responsibility.	
Relationship and correlation of nutrition to other phases of homemaking.	
Cooperation with civic and business organizations.	



## VII. Methods of Measuring Results\*

A. <u>What measured</u>	B. <u>In terms of</u>	C. <u>How measured</u>
1. <u>Physical values</u>	2. <u>Economic values</u>	3. <u>Social values</u>
1. Improvement- in family in attitudes in practices 2. Correction of nutritional defects.	a. Saving money through planned production. b. Wise spending for foods. c. Avoiding waste in food use, time and energy. d. Ability to plan food use more wisely.	1. Short surveys and questionnaires. 2. Records of practices adopted. 3. Number of requests for special help - from groups and individuals (men and women). 4. Informal comments at meetings and in project leaders' books - from men and women. 5. Increased membership in groups. 6. Interest aroused in increasing number of young homemakers.
2. <u>Adequacy of program</u>	f. Appreciation of beauty as well as health and economic values in foods.	1. Kind and number of practices adopted. 2. Increase in membership. 3. Larger proportion of young home- makers and young mothers. 4. Satisfactory home visits and discussions with homemakers (men and women). 5. Satisfaction expressed by homemakers with content of program.
3. <u>Improvement and progress in methods and techniques of specialists.</u>		1. Better trained Home Agents - as checked by conferences and observa- tion visits. 2. Better trained leaders - observed in meetings of local groups. 3. Progress in development of partici- pation of group - checked by discussion method and requests for additional program in foods and nutrition.

\*(From 1939 Plan of Work, Foods and Nutri-  
tion. Mary Brady, Gladys Stillman,  
Charlotte E. Clark, Wisconsin.)

